



Arts/Classes



Beginning Ballroom Dance

Ages 18 & Up

Learn to trip the light fantastic. Class covers fox trot, waltz, rhumba, and some swing dance. Must register with a partner. Cost is per person. Rubber soled shoes are a no-no for this class. Register by 2/1.

CR \$40.00; NR \$55.00

Miller Center Room 207 – Instructor: Judi King

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27001.102	TH	2/8-3/29	7:00-9:00 pm

Beginner Tap Dance for Fun & Exercise

Ages 18 & Up

Learn the basics of tap dancing and how to make a joyful noise with your feet while getting some exercise and making new friends. Be sure to wear clothes that permit maximum movement. Must furnish own tap shoes. Register by 2/6.

CR \$30.00; NR \$45.00

Miller Center Room 207 – Instructor: Meryl Lee Sawyer

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27000.105	TU	2/13-3/20	8:00-9:15 pm
27000.107	TU	4/3-5/8	8:00-9:15 pm

Continuing Tap Dance for Fun & Exercise

Ages 18 & Up

Learn the basics of tap dancing and how to make a joyful noise with your feet while getting some exercise and making new friends. Be sure to wear clothes that permit maximum movement. Must furnish own tap shoes. Register by 2/6.

CR \$30.00; NR \$45.00

Miller Center Room 207 – Instructor: Meryl Lee Sawyer

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27000.104	TU	2/13-3/20	6:45-7:45 pm
27000.106	TU	4/3-5/8	6:45-7:45 pm

Beginning Salsa Dance

Ages 18 & Up

Energize to lively music as you learn basic Salsa steps and some turns. For couples or singles. Please, no cleats, spiked or stiletto heels. Register by 2/1.

CR \$40.00; NR \$55.00

Mind Body Studio, 311 Rivermont Avenue

Instructor: Ana Bonilla

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27006.101	TH	2/8-3/15	7:00-8:00 pm
27006.102	TH	3/22-4/26	7:00-8:00 pm

Tribal Belly Dance

Ages 18 & Up

Celebrate the beauty, grace and natural power of the female form and the importance of the female tribal community. This class covers the fundamental elements of tribal style belly dance – its origins, philosophy, movements and music. No experience or dance training is necessary. Register by 1/29.

CR \$25.00; NR \$38.00

Mind Body Studio, 311 Rivermont Avenue

Instructor: Nancy McAndrew

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27103.100	M	2/5-3/12	7:30-8:30 pm
27103.101	M	3/19-4/23	7:30-8:30 pm

Community Yoga

Ages 18 & Up

Learn the fundamentals of Yoga, including breathing, postures, and meditation techniques in a dynamic, energizing class. Register by 1/30.

CR \$25.00; NR \$38.00

Mind Body Studio, 311 Rivermont Avenue

Instructor: Mike Cundiff

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27000.102	TU	2/6-3/13	5:30-6:30 pm
27000.103	TU	3/20-4/24	5:30-6:30 pm

Prenatal Yoga

Ages 18 & Up

Practicing anusara yoga during pregnancy is a natural way to develop the flexibility, concentration and strength needed during this transformative time. Through yoga, breath awareness, and relaxation, you have opportunities to experience the special connection you have with your baby while developing trust and confidence in your body's resources for birth. To create a supportive environment and to build upon lessons from previous classes, this class requires advance registration. (Class is open to pregnant women with written permission from their midwife or physician.) The class is open to post-natal students looking for a gentle return or introduction to their yoga practice. Certain restrictions apply. Please call 528-1100 before you register. Register by 2/1.

CR \$25.00; NR \$38.00

Mind Body Studio, 311 Rivermont Avenue

Instructor: Nancy Allen

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27000.108	SU	2/4-3/4	3:00-4:15 pm
27000.109	SU	3/18-4/22	3:00-4:00 pm

Pilates

Ages 18 & Up

Pilates is a holistic and unique approach to exercise. It is a complete approach to developing body awareness and an easy physicality in day-to-day life, improving and changing the body's postural and alignment habits. Register by 2/1.

CR \$25.00; NR \$38.00

Mind Body Studio, 311 Rivermont Avenue

Instructor: Lynn Rehnberg

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27104.100	TH	2/8-3/15	5:30-6:30 pm
27104.101	TH	3/22-4/26	5:30-6:30 pm

Beginning Hand Built and Wheel Pottery

Ages 18 & Up



Learn various methods of forming clay – pinch, coil, slab and wheel throwing. Create useful and unique objects for your home or to give as gifts. Wear old clothes or bring a smock. Register by 2/6.

CR \$65.00; NR \$80.00

Miller Center Ceramics Room – Instructor: Gail Speidell

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
26001.103	TU	2/13-4/3	9:00 am-12 noon
26001.104	TU	2/13-4/3	6:00-9:00 pm

Ceramics for your Kitchen

Ages 18 & Up

Make and paint attractive accessories for your own kitchen or to give as gifts.

CR \$10.00; NR \$15.00

Miller Center Ceramics Room

Instructor: Sue Matherly

Salt & Pepper

Register by 2/5

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
26002.102	M	2/12	9:30-11:30 am

Garlic Jar

Register by 2/16

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
26002.103	M	2/26	9:30-11:30 am

Spoon Rest

Register by 2/26

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
26002.104	M	3/5	9:30-11:30 am

Mixing Bowl

Register by 3/5

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
26002.105	M	3/12	9:30-11:30 am

Beginning Drawing

Ages 18 & Up

Do you love to doodle? Take it up another notch. Class covers a variety of pencil drawing techniques and subjects. Use of your imagination strongly recommended. Make new friends and polish up your latent drawing skills. Register by 2/13.

CR \$30.00; NR \$45.00

Templeton Senior Center – Instructor: Elizabeth Ford

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
23004.102	TU	2/20-3/27	2:00-4:00 pm

How To Oil Painting

Ages 18 & Up

Create from your imagination or bring a favorite photo or picture to recreate on a 16" x 20" canvas. Paint supplied. Students may purchase a brush kit (\$22) or furnish their own brushes. Wear old clothes or bring a smock. Register by 2/6.

CR \$45.00; NR \$60.00

Miller Center Room 208 – Instructor: Betty Leary

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
23000.103	TU	2/13-4/3	7:00-9:00 pm
23000.104	W	2/14-4/4	9:30-11:30 am

Cancellations



1 Athletics
2 Arts
3 Community Centers
4 Naturalist/Adventure
5 Senior Adults
6 Parks



(434) 455-5860

Oil Painting
Ages 18 & Up

Continue to hone your painting skills. Pick your own subject matter and bring a source idea, photo or object of inspiration. We will continue work with color mixing, composition, and personal expression through painting. Participate in informal critiques and exchange tips and challenges with your classmates. Brush kits are available for \$22 each or bring your own brushes. Register by 2/15.

CR \$50.00; NR \$65.00
Miller Center Room 208 – Instructor: Elizabeth Ford

Activity #	Day	Date	Time
23002.104	TH	2/22-4/12	9:30-11:30 am

Watercolors
Ages 18 & Up

Learn a variety of watercolor techniques – washes, wet-on-wet, wet-on-dry and other methods. Learn to paint a variety of subjects and participate in critiques to improve your skills. Register by 2/8.

CR \$40.00; NR \$55.00
Miller Center Ground Floor – Instructor: Marge Erickson

Activity #	Day	Date	Time
23002.102	TH	2/15-4/5	9:30-11:30 am

Taking Better Pictures
Ages 18 & Up

Bring your camera (digital or 35mm) and learn how to take better pictures. Understand the use of composition, light and other features unique to your camera. Register by 2/8.

CR \$25.00; NR \$38.00
Miller Center Room 101 – Instructor: Tom Graves

Activity #	Day	Date	Time
29008.101	TH	2/15-3/22	7:00-9:00 pm

Face Painting Fundamentals
Ages 18 & Up

Learn the FUNdamentals of face painting and use your skills (or train volunteers) for your next special occasion, whether it is a birthday party, school or church fun day, fundraiser, etc. Wear old clothes or bring a smock and an old clean cloth towel. We supply the paints, brushes and a few ideas to get you started. Register by 3/16.

CR \$10.00; NR \$15.00
Miller Center Room 101 – Instructor: Elizabeth Ford

Activity #	Day	Date	Time
28000.101	SA	3/24	10:00 am-12 noon

Stained Glass Panel
Ages 18 & Up

Learn to cut, grind, solder and finish a beautiful stained glass panel for your own enjoyment or to give as a gift. Please bring safety goggles! Register by 2/7.

CR \$55.00; NR \$70.00
Miller Center Room 205 – Instructor: Carter Martin

Activity #	Day	Date	Time
25001.103	TH	2/15-3/22	7:00-9:00 pm
25001.104	TH	3/29-5/3	7:00-9:00 pm

Family Dog Class
Owners Ages 18 & Up
& Dogs 6 Months & Older

Class covers basic behaviors such as sit, down, wait, come, and leash walking. Also covers responding to owner in various situations, socialization skills, tricks and games. Owners have total responsibility for their dogs for entire duration of class. There is a \$10 discount if your dog is a rescue dog or shelter adoption. Register by 3/20.

CR & NR \$95.00
Templeton Senior Center
Instructor: Connie Snavelly

Activity #	Day	Date	Time
29200.101	TU	4/3 & 4/10*	7:00-8:30 pm
	TU	4/17-5/22	8:00-9:00 pm



Puppy Class
Owners Ages 18 & Up
& Puppies 2½ - 5½ Months Old

Class covers basic behaviors such as sit, down, wait, and come. Also covers leash walking, house manners, bite inhibition, socialization with puppies and people, tricks and games. Owners have total responsibility for their dogs for entire duration of class. There is a \$10 discount if your dog is a rescue dog or shelter adoption. Register by 3/20.

CR & NR \$95.00
Templeton Senior Center
Instructor: Connie Snavelly

Activity #	Day	Date	Time
29200.100	TU	4/3 & 4/10*	7:00-8:30 pm
	TU	4/17-5/22	6:45-7:45 pm

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* **Please Note: The 4/3 and 4/10 classes are for owners only – no dogs.**

How Not to Marry a Jerk (or Jerkette)
Ages 18 & Up

An entertaining and informative look at dating and mating for single adults of all ages. Learn how to really get inside a potential partner's heart, and how to balance the "attractive dynamics" of trust, reliance, commitment and sex. *Class is conducted in partnership with The Marriage Alliance of Central Virginia.* Must register by 2/20.

CR & NR \$30.00
Miller Center Auditorium – Instructor: Larry Compter

Activity #	Day	Date	Time
29900.101	W	3/7-3/14	6:30-9:30 pm

Understanding Yourself through Astrology Part I
Ages 18 & Up



Learn what your birth chart says to and about you. Integrate and manipulate your personal birth chart data through study of sun signs, ascendants, planets, houses and elements, and related stones, herbs and oils. Students must provide accurate birth data (date, time and place of birth according to birth certificate) at registration. Register by 2/12.

CR \$50.00; NR \$65.00
Miller Center Room 101 – Instructor: Rose Owen

Activity #	Day	Date	Time
29110.101	M	2/26-4/16	7:00-9:00 pm

Understanding Yourself through Astrology Part II
Ages 18 & Up

Practice and expand on concepts learned in Part I. Learn about aspects, transits, combined charts, and observing and plotting planetary cycles. Students must provide accurate birth data (date, time and place of birth according to birth certificate) at registration. Register by 4/5.

CR \$40.00; NR \$55.00
Miller Center Room 101 – Instructor: Rose Owen

Activity #	Day	Date	Time
29110.102	M	4/23-5/14	7:00-9:00 pm

Spring Easter Flower Arrangement
Ages 18 & Up

Enhance the beauty of your home with a fresh flower arrangement. Register by 3/29.

CR \$30.00; NR \$45.00
Miller Center Ceramics Room
Instructor: Sue Matherly

Activity #	Day	Date	Time
29000.101	TH	4/5	10:00-11:30 am

Spring Sweets
Ages 18 & Up

Spring was never sweeter. Learn to prepare a variety of delicious confections to enjoy with friends and family or as a special treat for yourself. Kate Vincent, a professional baker, shows you how. We will supply a list of items you need to bring to class with you. Register by 2/26.

CR \$30.00; NR \$45.00
Miller Center Ceramics Room – Instructor: Kate Vincent

Activity #	Day	Date	Time
29100.100	M	3/5-4/2	7:00-9:00 pm

Mother & Child Pottery
Ages 4 to 6

Mothers and children can have a ball working with clay and decorating their creations. Class includes projects chosen by instructor as well as individual creations. Wear old clothes or bring a smock. Register by 5/2.

CR \$20.00; NR \$30.00
Miller Center Ceramics Room
Instructor: Susian Matherly

Activity #	Day	Date	Time
26003.104	W	5/9-5/30	10:00-11:00 am

Arts/Classes

Children's Pottery

Ages 7 to 15

Have a ball working with clay and decorating your creations. Class includes projects chosen by instructor as well as individual creations. Wear old clothes or bring a smock. Register by 3/7.

CR \$25.00; NR \$38.00

Miller Center Ceramics Room

Instructor: Susian Matherly

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
26003.103	W	3/14-4/18	3:45-4:45 pm

Creative Movement

Ages 3 to 6

Class concentrates on movement, rhythm and imagination. Be sure to wear clothing in which you can move freely! Register by 2/5.

CR \$25.00; NR \$38.00

Miller Center Room 207 – Instructor: Ashton Chevalier

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27003.102	M	2/12-3/26	2:15-2:45 pm

Pre-Ballet

Ages 6 to 8

Class concentrates on movement, rhythm and preparation for ballet. Be sure to wear clothing in which you can move freely! Ballet slippers required. Register by 2/5.

CR \$30.00; NR \$45.00

Miller Center Room 207 – Instructor: Ashton Chevalier

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27004.102	M	2/12-3/26	3:00-3:45 pm



Ballet

Ages 6 to 10

Class concentrates on movement, rhythm and beginning ballet positions, steps and exercises. Leotards, tights, and ballet slippers required. Register by 2/5.

CR \$35.00; NR \$50.00

Miller Center Room 207 – Instructor: Ashton Chevalier

<u>Activity #</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
27004.103	M	2/12-3/26	4:00-5:00 pm

Follystick Theatre

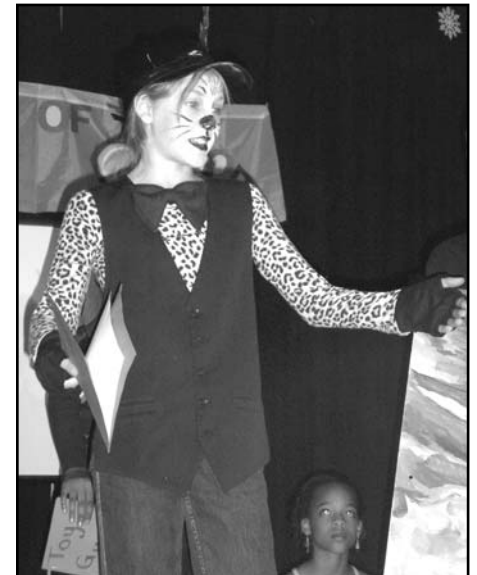
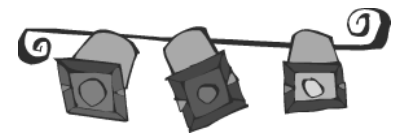
Spring 2007 Production

Ages 13-16

"Much Ado About Nothing", a delightful tale of the confirmed bachelor, Benedick, and the beautiful but sharp-tongued Beatrice, involves plots and counter-plots to get them wed.

Auditions and Technical Crew sign-ups will be conducted on 1/31 and 2/1 with call backs on 2/2 at the Miller Center at 4:00 pm each day. Weekly rehearsals will be held on Tuesday and Thursday afternoons from 3:45–5:00 pm with performances scheduled for 4/25 and 4/26. Interested area youth are encouraged to participate. There is a \$25 membership fee.

For additional information, call Elizabeth Ford at 455-5866.



Parks & Recreation Scholarships

If you are a City resident and are in need of financial assistance to participate in Parks and Recreation programs, you and your family members may qualify for a scholarship to assist you in registering for a program offered through Parks and Recreation. Residents of all ages are eligible.

Scholarship applications are available at the Miller Center, 301 Grove Street, at each of the neighborhood centers, and online at www.lynchburgva.gov/parksandrec. Completed applications must be submitted for approval five business days prior to actual activity registration deadline.

For more scholarship information, please call 455-5858.



Co-Sponsored Clubs

<i>Name of Club</i>	<i>Contact</i>	<i>Phone No.</i>
Central Virginia Bonsai Club	Julian Adams	(434) 384-7951
Central Virginia Photography Club	Don Roakes	(434) 237-0946
Gem & Mineral Society	John Haskins	(434) 258-4529
Lynchburg Chess Club	Frank Vincent	(434) 239-8004
Parkside Ceramics Club	Shirley Thomas	(434) 239-1592
Piedmont Bee Keepers	O. H. Jones George Kelley	(434) 993-2864 (540) 586-0766
Seven Hills Art Club	Mary Stamps	(434) 525-2280

Rolling Into a Healthy Future....

In the fall of 2006, the City of Lynchburg received over \$80,000 in equipment and services to support the new DASANI Blue Bike Program. This program provides free use of 20 single-speed, Trek Cruiser bikes along one of Virginia's finest trail systems – the James River Heritage Trail!

Checkout cards are available at the Lynchburg Parks & Recreation building at Miller Center (across from Miller Park), 301 Grove Street, from 8:30 am-5:00 pm Monday through Friday. Bike lockers are located at 1755 Park Ave (at the Kemper Station trailhead), and can be accessed from dawn to dusk, seven days a week.

For additional information on the Blue Bike Program, please call 455-5858.

